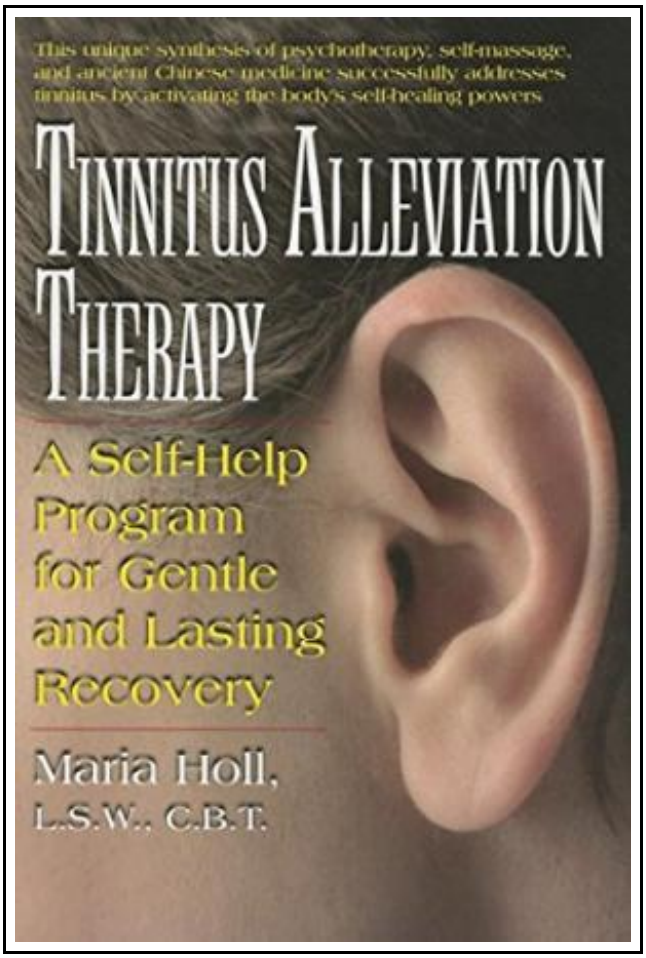
Tinnitus Alleviation Therapy A Self-Help Program for Gentle and Lasting Recovery



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Reviews

Complete guide! Its this kind of very good read through. This is certainly for all who statte there was not a worthy of looking at. I am just quickly will get a delight of looking at a composed publication.
(Kacie Carroll)

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Basic Health Publications. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 8.8in. x 5.9in. x 0.5in.Ringing in your ears isnt fun. But as people age and begin to lose hearing, the chances of tinnitus increase. The Mayo Clinic estimates that one in five people have the condition. But theres no definitive cure for it. Part of the problem is that it results from a range of very different physical, environmental, and emotional causes, everything from bad circulation, high blood pressure, and wax build up to persistent loud noise and stress. Some people have found relief from acupuncture and hypnosis, antibiotics and antidepressants, and transcranial magnetic stimulation, but certain antibiotics and antidepressants have also been know to cause tinnitus. For readers whove tried all sorts of current remedies and still havent found relief, its time to read Tinnitus Alleviation Therapy (TAT). Maria Holl, a psychotherapist and alternative medicine practitioner in Aachen, Germany, was asked in 1996 by ear, nose, and throat specialist Dr. Herbert Philipps to help the growing number of his patients seeking relief from tinnitus. Holl observed that the vast majority were very caring people who would do everything for their family, job, and home. But they themselves always got the short end of the stick. So she devised TAT to help activate the patients self-healing powers through a unique synthesis of psychotherapy, self-massage, and her knowledge of ancient Chinese medicine, which activates the bodys energy system, or chi. The series of twelve simple TAT lessons help direct chi through the bodys energy channels and align the body with the earth. Each lesson includes three components: physical exercises to mobilize chi, self-massage to activate blood circulation and the immune system, and special breathing techniques and visualization exercises. Opening up the body toward the earth relaxes both body and mind,...

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